



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



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X107DE56

*Company Name:* **A1 BACK CARE AND ERGONOMIC SOLUTIONS LIMITED**

*Company Number:* **06039046**

*Date of this return:* **02/01/2012**

*SIC codes:* **86900**

*Company Type:* **Private company limited by shares**

*Situation of Registered Office:* **8 HILLSIDE  
WARE  
HERTFORDSHIRE  
SG12 9JZ**

**Officers of the company**

## *Company Secretary 1*

*Type:* **Person**

*Full forename(s):* **CAROL**

*Surname:* **SHARP**

*Former names:*

*Service Address:* **WANTZ END  
TIPPS CROSS LANE HOOK END  
BRENTWOOD  
ESSEX  
CM15 0HR**

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*Company Director*    ***I***

*Type:*                      **Person**

*Full forename(s):*        **CAROL**

*Surname:*                **SHARP**

*Former names:*

*Service Address:*        **WANTZ END  
TIPPS CROSS LANE HOOK END  
BRENTWOOD  
ESSEX  
CM15 0HR**

*Country/State Usually Resident:*    **UNITED KINGDOM**

*Date of Birth:*    **19/02/1954**                      *Nationality:*    **BRITISH**

*Occupation:*    **BACK CARE CONSULTANT**

*Company Director* 2

*Type:* **Person**

*Full forename(s):* **SHARON**

*Surname:* **WHYTE**

*Former names:*

*Service Address:* **8 HILLSIDE  
WARE  
HERTFORDSHIRE  
SG12 9JZ**

*Country/State Usually Resident:* **UNITED KINGDOM**

*Date of Birth:* **28/07/1964** *Nationality:* **BRITISH**

*Occupation:* **BUSINESS MANAGER**

## Statement of Capital (Share Capital)

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<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>2</b>
		<i>Aggregate nominal value</i>	<b>2</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>1</b>
		<i>Amount unpaid per share</i>	<b>0</b>
<i>Prescribed particulars</i>			
<b>VOTING RIGHTS</b>			

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## Statement of Capital (Totals)

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<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>2</b>
		<i>Total aggregate nominal value</i>	<b>2</b>

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## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 02/01/2012 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for the company are shown below*

*Shareholding 1* : **2 ORDINARY shares held as at the date of this return**  
*Name:* **CAROL SHARP**  
  
*Name:* **SHARON WHYTE**

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## *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.